



# 1AD Today



United States Division – Center

Friday, March 19, 2010

## Iron Soldiers improve gym, stay Army strong

By Spc. Daniel Schneider

366th MPAD, USD-C

**BAGHDAD** – If you haven't taken a trip to Camp Liberty's Iron Gym, now's the time to give it a try.

Division Special Troops Battalion, 1st Armored Division, has made several improvements aimed at providing hours of diverse fitness opportunities to U.S. Division – Center personnel.

"We've redone the flooring here and sealed the pads together to prevent tripping hazards," said Sgt. 1st Class Gregory Smith, the Iron Gym's noncommissioned officer in charge and a member of Company B, DSTB, 1st Armd. Div. "Soldiers should be more concerned with

working out rather than avoiding tripping hazards."

The staff cleaned and rearranged the gym to give Soldiers more space to exercise and improve the overall atmosphere.

"The gym used to look like a ghetto gym when I first got here, but now it looks like a professional, classic gym," said Staff Sgt. Ramon Echevarria, a Co. B Soldier who uses the gym often. "It feels good just coming in here."

Gym personnel teamed up with engineers to construct walls, cordoning off a separate room to allow exercise classes for Soldiers. There is also a DVD player and television, letting Soldiers use the activity room to exercise with DVD programs to

aid them in their fitness path.

"The 16th Engineer [Brigade] helped us by putting up the walls and mirrors," said Smith, a native of Clayton, N.C. "With this innovation, we can now host classes, including boxing, spinning, aerobics and cross fitness, which is a mixture of cardio and strength improvement training."

Command Sgt. Maj. Sal Katz, the senior noncommissioned officer for DSTB, has played a substantial role in improving the gym.

"Most of these ideas and renovations would have been stopped before they began without Command Sgt. Maj. Katz's support," said Smith.

Smith and Katz have teamed up to develop goals and a way to track Soldiers' progress in order to encourage them to reach their goals. They created a "Miles to Freedom" club, in which Soldiers can run or ride 1,000 miles on the treadmill, elliptical, outside, or on the stationary bicycle. When Soldiers get done with their workout, they can see a gym representative and get their miles marked to track their progress on the chart.

Some Soldiers have nearly reached 100 miles running already, and cyclists have reached over 260 miles since the program started March 1.

First Lt. Kyle McClendon, a medic from the battalion aid station assigned to Co. B, and a member of



Photo by Spc. Daniel Schneider, 366th MPAD, USD-C

**A Soldier takes advantage of the renovations in the Iron Gym and works out March 16 on a machine where the leather padding was replaced recently. Warrant Officer Daniel Raymond, assigned to 16th Engineer Brigade, does bicep curls at the battalion gym, which has been rearranged to give Soldiers more room to move around and exercise.**

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# National Nutrition Month : It's a Matter of Fact

By Staff

Landstuhl Regional Medical Center Public Affairs Office

Good nutrition is part of good health, but the subject of nutrition is one surrounded by confusion and misconceptions, with many myths affecting the food choices people make. Dispelling those myths can help each person make appropriate food choices that meet his or her health, weight and lifestyle goals.

**MYTH:** Fresh fruits and vegetables are healthier than frozen or canned.

**FACT:** Research shows frozen and canned foods are just as nutritious as fresh fruits and vegetables. In fact, frozen or canned produce is often picked at the peak of freshness and immediately packaged, minimizing the loss of nutrients that can happen to fresh produce transported over long distances. Nutrients such as lycopene are better absorbed by the body after processing — so canned tomatoes, corn and carrots, rich sources of lycopene, may be the better choice. It is important to keep in mind that added salt or sugar in some canned items may make them less healthy than fresh produce. Choosing to eat more fruits and vegetables is a wise choice, and the decision to put fresh, frozen or canned fruits and

vegetables into the grocery cart should be based upon meeting the needs of the individual or family.

**MYTH:** Eating carbohydrates causes weight gain

**FACT:** Excess calorie (energy) intake causes weight gain. Calories come from fat, carbohydrates, protein and alcohol; the calories in carbohydrates are no more fattening than calories from another source. Foods containing carbohydrates—such as whole grains, fruits and milk — are also sources of important nutrients. When striving to achieve weight loss, shrinking portion size while maintaining a balanced diet is a more appropriate strategy than eliminating entire food groups.

**MYTH:** Eating just before bedtime is fattening.

**FACT:** What food is eaten, not the time of day, makes the difference. Research does suggest that eating regular meals, especially breakfast, can help promote weight loss by reducing food intake and minimizing impulsive snacking. A strategy of cutting out late night snacking may help some individuals lose weight, because those late night snacks may simply be a source of excess calories.

**MYTH:** Eating sugar causes diabetes.

**FACT:** Diabetes is caused either by a

lack of insulin in the body (Type 1 diabetes) or the inability of insulin to be effective in the body (Type 2 diabetes). Sugary foods may be high in calories and may contribute to weight gain, and people who are overweight are more likely to develop Type 2 diabetes. Maintaining a healthy body weight and exercising regularly are two important strategies for reducing the risk for developing Type 2 diabetes.

**MYTH:** Occasionally following a fad diet is a safe way to quickly lose weight.

**FACT:** Most fad diets are developed by people with no science or health background, so some fad diets may be harmful for people with certain health conditions. Following a diet that restricts certain foods, or whole food groups, can compromise health and lead to nutrient deficiencies. A long term strategy for weight loss that includes a balanced diet, regular exercise, and moderate portions is the safest, best approach. Consult a registered dietitian for specific strategies to assist with weight loss or other nutrition goals.

Good nutrition is essential for good health, peak physical fitness and optimal work and school performance. Knowing the facts about nutrition is essential for making wise food choices.

## ***Fitness*** ~ From Pg. 1

the “Miles to Freedom” program, is striving to reach the 1,000 mile mark in both bicycle and elliptical.

“It’s good to have a clear goal and a way to track your progress toward that goal. I’m shooting to reach 1,000 miles on the bicycle in three months, and the elliptical by the end of our deployment here,” he said.

Gym staff initiated an Endurance Bench Press Competition on Sundays. The competition challenges

Soldiers to bench press a total of 10,000 pounds for males, 5,000 pounds for females, no matter how many repetitions it takes to achieve the final total weight, in the shortest time possible.

All of these renovations and new programs have shown results. Before the 1st Armd. Div. took responsibility for the gym, there were an average of 250 people using the gym, and after these renovations, the normal amount of daily attendance is up to over 400, said Smith.

Gyms provide more than just a

place for lifting weights and building massive muscles, they can also build camaraderie and offer an atmosphere where personnel can challenge themselves to reach and surpass achievable goals.

“When I see Soldiers after they work out, they seem to have higher morale and confidence,” said 1st Sgt. Anissa Jones, first sergeant of Co. B and a native of Kalamazoo, Mich. “I’ve also noticed more units working out together as a group since we’ve made these renovations.”

# Women's History Month

## Helen Keller

**H**elen Adams Keller was born in Tuscumbia, Ala., June 27, 1880.

When Keller was 18 months old an illness developed that a doctor described as brain congestion. She ran a high fever for many days and then the fever was gone. Keller was left deaf and blind from the illness.

When Keller was 6, her mother contacted Dr. Alexander Graham Bell, whom she had heard was working on devices to help the deaf. Bell suggested her parents contact the Perkins Institute for the Blind in Boston.

In March 1887 Anne Sullivan, a teacher at the institute, came to serve as Keller's teacher. One month after Sullivan's arrival, she had taught Keller the word "water." She did this by using her fingers to spell letters into Keller's hand. From this Keller understood that objects had names, and that her teacher spelled these names into her hand. This unlocked a whole new world of learning for Keller.

Keller was a quick learner. In only three years she learned the manual alphabet the Braille alphabet, and could read and write.

Keller wanted to learn to speak, and in 1890 she began taking speech classes at the Horace Mann School for the Deaf in Boston. She worked diligently at learning to speak. It was an ongoing process.

From 1894 to 1896 Keller attended the Wright-Humason School for the Deaf. There she worked on math, French, German and geography.

In this way Keller prepared herself for college and went on to Cambridge School for Young Ladies. By the time she was 16, Keller had passed the admissions examinations for Radcliffe College; in 1904 she graduated with honors.

When the American Federation for the Blind was established in 1921, Keller had an effective national outlet for her efforts. She became a member in 1924,

and participated in many campaigns to raise awareness, money and support for people who are blind.

She also joined other organizations dedicated to helping those less fortunate, including the Permanent Blind War Relief Fund.

Later in 1946, Keller was appointed a counselor for international relations for the American Foundation of Overseas Blind.

Between 1946 and 1957, she traveled to 35 countries on five continents. Including a 40,000-mile, five-month trek across Asia in 1955.

Keller suffered a series of strokes in 1961, and spent the remaining years of her life at her home in Connecticut.

Keller died in her sleep June 1, 1968, just a few weeks before her 88th birthday.

During her lifetime, she received many honors in recognition of her accomplishments including the Theodore Roosevelt Distinguished Service Medal in 1936, the Presidential Medal of Freedom in 1964 and election to the Women's Hall of Fame in 1965.

*Information found at <http://www.notablebiographies.com/Jo-Ki/Keller-Helen.html>*



## Camp Liberty MWR Calendar

Calendar events start at 2000, unless otherwise noted

<p>Friday Dominoes R&amp;B</p> <p>19</p>	<p>Saturday Smooth Grooves</p> <p>20</p>	<p>Sunday 8-Ball Pool</p> <p>21</p>	<p>Monday Texas Hold'em</p> <p>22</p>	<p>Tuesday Spades</p> <p>23</p> <p>1900-2000 Marriage Enrichment Study: "Five Love Languages", Building 1822</p>
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Photo by Sgt. Travis Zielinski, 1st ACB, 1st Cav. Div., USD-C

**CAMP TAJI, Iraq – Spc. Chris Bollingmo, from New Ulm, Minn., an AH-64D Apache attack helicopter crew chief in Company B, 615th Aviation Support Battalion, 1st Air Cavalry Brigade, 1st Cav. Division, U.S. Division-Center, gets his helmet signed by Dayton Callie, a lead actor in the television show "Sons of Anarchy," March 15. Four cast members from the show visited 1st ACB Soldiers, getting a close look at their helicopters and signing autographs at a barbecue lunch.**

## Weather

Today	Tomorrow	Sunday	Monday	Tuesday
75° F   56° F	75° F   54° F	78° F   53° F	80° F   55° F	82° F   56° F



## Quote of the Day

“Men do well only what their leader checks.”

-Gen. Bruce Clark-

For more coverage of what USD-C Soldiers are doing, pick up a copy of the upcoming issue of *The Iron Guardian*, in publication March 29.



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